

Advice for Families Coping with School Closure

(Taken from the BBC News Website)

<p>Try to give each day a structure e.g. an hour of maths, an hour of reading and writing, some creative time (drawing, listening to music) and some time outside if possible.</p>	<p>Set the tasks to be completed in a day and tick them off. Plan it out together and stick the plan on the wall. Include school work and chores.</p>	<p>Remember children like predictability. They like to know what they are going to do now and what is coming next. They also like to have a say in planning this.</p>
<p>Plan in a family film afternoon each week or time for children to get in touch with friends through Skype or FaceTime. Check that they are using social media safely.</p>	<p style="text-align: center;">Make it fun! Get covered in paint, flour, bubbles. Make a joke book. Build a den under a table. Learn a new family dance.</p>	<p>Make week days have a different feel to weekend days. Play board games, make board games, teach them games that have been forgotten from you or your parents were little.</p>
<p>Try to find some time to spend individually with each child. Talk to them about how things are going. Give them time to share their worries.</p>	<p>Work on developing relationships between children, they will not be used to spending so much time together so will need to be shown how to get along and when to give each other space.</p>	<p>Think about yourself too, as a parent, as your behaviour will influence their behaviour. Try to give yourself some time alone – open a window and take 10 deep breaths. Stay in touch with your friends and family through Skype or FaceTime.</p>
<p>Consider moving your furniture to create more space – pushing back furniture so children have an area to move about.</p>	<p>Accept that the house will be messier than usual.</p>	<p>If you are struggling seek advice and support from friends, family or professionals.</p>

Read Read Read

Read to your children. Read with your children. Listen to your children read to you, to each other, to the cat!
If you read as much as possible you will be setting your child up for a good education.